




Next Step, 109 Bank St., Lebanon—January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change			1 Office Closed 12 PM Check-in 2-4 PM Art Wellness 	2 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	3 11:30 AM Empathy 1 PM Community Healing
4 Closed	5 12 PM Walking Group 1 PM Puzzles & Games	6 11 AM Creative Writing 1 PM IPS 3 PM WHAM	7 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation <i>1 PM Educational Event: Member Rights w/ Corey Sheehan</i>	8 12 PM Check-in 2-4 PM Art Wellness <i>2 PM Arbor View Connections</i>	9 Open 11 AM-7 PM 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	10 11:30 AM Empathy 1 PM Community Healing
11 Closed	12 12 PM Walking Group 1 PM Puzzles & Games <i>11 AM-12 PM Newsletter Workgroup @ NS</i>	13 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>9:30 AM—12 PM BHPAC, Concord NH</i>	14 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3:30 PM Board Mtg , Claremont & via zoom 	15 12 PM Check-in 2-4 PM Art Wellness	16 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	17 11:30 AM Empathy 1 PM Community Healing
18 Closed	19 Office Closed 12 PM Walking Group 1 PM Puzzles & Games 	20 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>10 AM NH Mental Health Peer Alliance via zoom</i>	21 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	22 12 PM Check-in 2-4 PM Art Wellness	23 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	24 11:30 AM Empathy 1 PM Community Healing
25 Closed	26 12 PM Walking Group 1 PM Puzzles & Games	27 11 AM Creative Writing 1 PM IPS 3 PM WHAM	28 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	29 12 PM Check-in 2-4 PM Art Wellness <i>11 AM Hood Museum 12:30 PM Cooking Lesson at NS</i>	30 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	31 11:30 AM Empathy 1 PM Community Healing